

Health and Fitness Tracker: Agile and XP Lab

Part 1: Group Formation

Team Roles:

1. **Scrum Master:** Allen
 - Responsible for facilitating the Scrum process and removing impediments.
2. **Product Owner:** Parag Jindal
 - Represents stakeholders and prioritizes the product backlog.
3. **Developer:** Harsh Saw
 - Contributes to coding and delivering a potentially shippable product.

Part 2: Initial User Stories

User Stories:

1. As a user, I want to be able to create an account so I can securely store my fitness data.
2. As a user, I want to be able to log my daily exercise activities (e.g., running, swimming, cycling) with details like duration, distance, and calories burned.
3. As a user, I want to be able to track my food intake by adding meals and specifying the type and quantity of food consumed.
4. As a user, I want to be able to set personalized fitness goals (e.g., weight loss, muscle gain, run a marathon).
5. As a user, I want to be able to view my progress towards my fitness goals through charts and graphs.
6. As a user, I want to receive reminders for scheduled workouts and mealtimes.
7. As a user, I want to be able to view my past fitness data and track my progress over time.
8. As a user, I want to be able to customize my profile with a picture and other personal information.
9. As a user, I want to be able to earn achievement badges for completing fitness milestones.

10. As a user, I want to be able to connect with other users and share my fitness journey (optional social feature).

Part 3: Product Backlog

Priority	User Story	Business Value	Development Effort
1	As a user, I want to be able to create an account	So High	5
2	As a user, I want to be able to log my daily exercise	High	8
3	As a user, I want to be able to track my food intake	High	7
4	As a user, I want to be able to view my progress	High	6
5	As a user, I want to be able to set personalized Fitness Goals.	High	5
6	As a user, I want to receive reminders for schedule Workouts and mealtimes.	Medium	4
7	As a user, I want to be able to customize my profile with a picture and other personal information.	Medium	3
8	As a user, I want to be able to view my past fitness data and track my progress over time.	Medium	2
9	As a user, I want to be able to earn achievement badges for completing fitness milestones.	Medium	3
10	As a user, I want to be able to connect with other users and share my fitness journey (optional social feature).	Low	8

Part 4: Sprint Backlog

Sprint Goal: Deliver basic functionality for creating a fitness profile, logging exercise routines, and setting fitness goals.

Task	Assigned To	Status
Designing Tracker and Fitness guidance	Parag Jindal	To Do
Developer and Implementation	Harsh Saw	To Do
Testing and System Integration	Allen	To Do

Part 5: Task Assignment

Task	Assigned To	Estimate Efforts
Designing Tracker and Fitness guidance	Parag Jindal	10
Developer and Implementation	Harsh Saw	8
Testing and System Integration	Allen	7